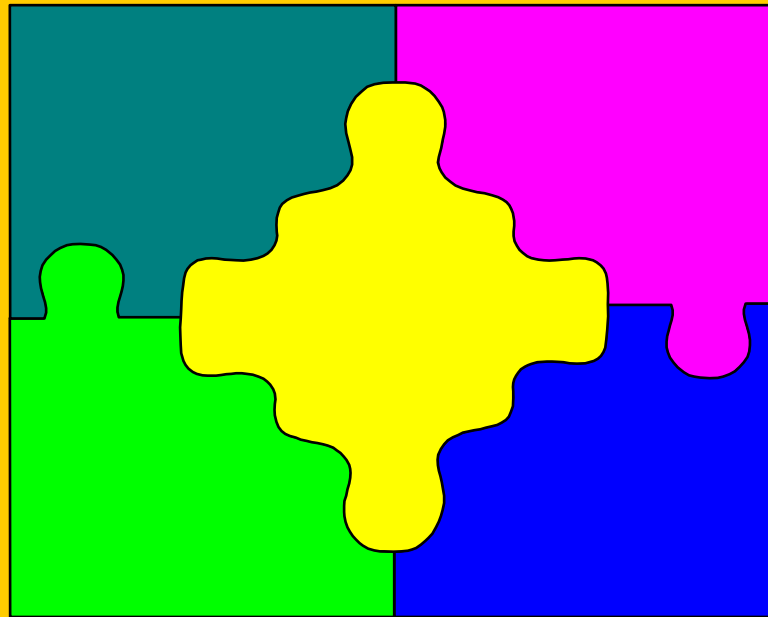


# **Residential Child Care Institutions and the NSLP**

**Putting the pieces together**



# **RCCL's and the NSLP**

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Public law 94-105, enacted in 1975, enabled institutions to participate in the school nutrition programs. This allowed participation in the School Breakfast Program, the National School Lunch Program, and the Special Milk Program.

# Definition of “child”

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Defined as a person under 21 chronological years of age in an institution or a student of high school grade or under in a conventional school educational unit as defined by the State Agency.

# Age of child-

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- ◆ Any children under the age of 21 may be claimed if participating in the school nutrition programs, whether in attendance all day in the residential program, or attend off-site programming.
- ◆ Any institution that also has adults in residence, must operate principally for the care of children (over 50%) by site.

# Meals that can be claimed

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- ◆ Breakfast and lunch may be claimed when meals meet reimbursable requirements.
- ◆ Supper may not be claimed, nor may lunch be served so late in the day as to be the last meal served.

# **Eligibility for weekend meals**



Reimbursement is made on a “per day of operation” basis. All eligible meals may be claimed for reimbursement, whether typical week day or weekend or holidays.

# Shelters and detention centers

- ◆ Sites that have temporary clientele are considered eligible as long as the site operates on a continuous basis.
- ◆ Children's eligibility for free and reduced price meals are usually recorded as part of the intake process.
- ◆ Such records should clearly indicate in sufficient detail that all meals claimed were eligible. All records need to be maintained for 3 years.

# Day Students

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- ◆ Free and reduced price information needs to be collected from any “day” students that are non-residential.
- ◆ Family income would include related or nonrelated individuals, who are not residents of an institution, but who are living as one economic unit.
- ◆ Verification efforts must be completed annually for these day students.



# Menu Substitutions



Schools must make substitutions in foods in the reimbursable meal for students who are disabled and whose disability restricts their diet.

Substitutions are required when a food or foods are considered to be life threatening to the student.

# Disabled children and special diets

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- ◆ Accommodation **MUST** be made at **No** extra charge
- ◆ A disability determination can only be made by a licensed physician
- ◆ The dietary restriction and substitution should be documented by a medical authority

# **Statement For Children With Disabilities Must List**

What the disability is

How it restricts diet

Major life activity affected

Foods to be omitted

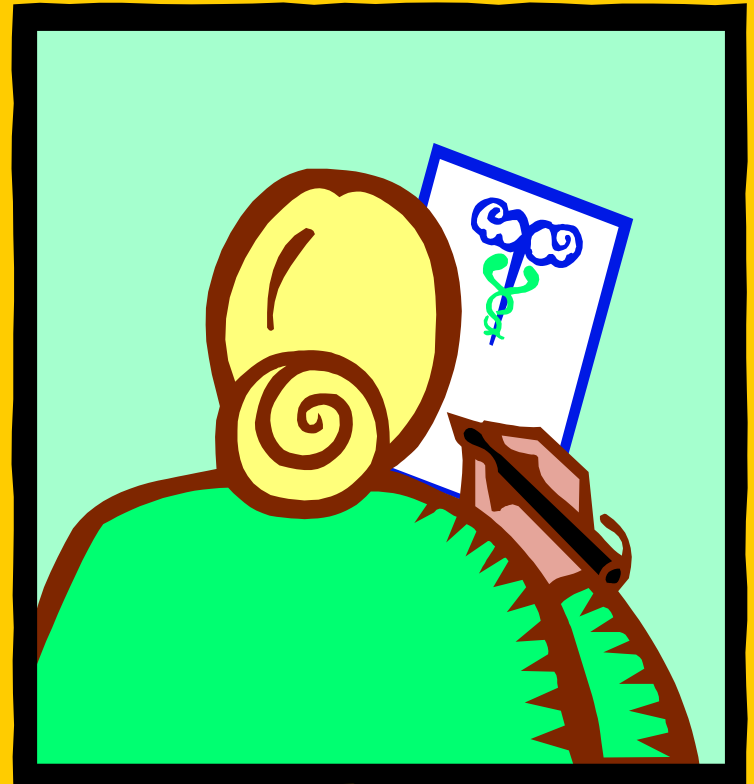
Foods to be substituted

# Other Food Accommodations May Include

Texture Modification

IV Feeding

Tube Feeding



# Children Who Are Not Disabled But Have Other Special Dietary Needs

- ◆ Food allergies or intolerances are **NOT** generally disabilities **UNLESS** anaphylactic
- ◆ Accommodation **MAY** be made **BUT** is **NOT** required
- ◆ In many cases, allergies can be dealt with through “Offer-Versus-Serve” or by providing additional selections

# **Website address for Guidance for Special Diets**



<http://www.nal.usda.gov/fnic>

Enter “special diets” and checkmark box for targeted audience and then enter Food Service Personnel as the audience in the drop down box. This guidance will appear in the list of resources.

# School Food Service Records

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- ◆ It is important that all recommendations for accommodations or changes to existing diet orders be documented in writing to protect the school and minimize misunderstandings. Schools should retain copies of special, non-meal pattern diets on file for reviews.
- ◆ The diet orders do not need to be renewed on a yearly basis; however, schools are encouraged to ensure that the diet orders reflect the current dietary needs of the child.

# Meal Counting and Claiming Systems

Any system in place must provide a point-of-service meal count of reimbursable meals served, by type, each day, without overt identification, if you have day students in attendance.

A checklist can be used, but must be kept up-to-date with new students and those who have left should have the date withdrawn noted.



# Counting Procedures



Counting and recording reimburseable meals at the time they are served is the only way to achieve accuracy.

## **EDIT CHECKS**

Compare each day's claim count to the number of residents eligible to received the meals.

# **Provision 2 & 3**



For information on how to qualify for these provisions, see the separate slide show by the above title.

# Menu Planning Systems



## Food Based Menu Plan

- Traditional Food Based

- Enhanced Food Based

## Nutrient Standard Menu Plan

- Assisted Nutrient Standard Menu Plan

- Major Modification of one of the above

# Food Based Menus



Uses 4 basic food components:

Meat/Meat Alternate

Grain/Bread component

Fruit/Vegetable Components

Milk

# Nutrient Standard Menus

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- ◆ Must be analyzed by approved software and revised regularly to document how menus meet dietary guidelines.
- ◆ More flexible in regards to portion sizes and frequency.

# **Assisted Nutrient Standard Menus**



Menus must meet nutrition standards and nutrient and calorie levels, but the analysis is done by an outside organization or business. The analysis must develop and analyze the local recipes, food products, and preparation techniques to be used.

# Food Production Records



- ◆ Must list the menu
- ◆ Indicate the food items used and ingredients in mixed items
- ◆ Document the total quantity served (including the portion size multiplied by the total portions served)

# Sample Production Records

**BREAKFAST MENUS - FOOD PRODUCTION RECORD (BCCR)**

BCCR \_\_\_\_\_ Cycle Week: \_\_\_\_\_ Date: \_\_\_\_\_ Day: \_\_\_\_\_ Weather/Other Factors: \_\_\_\_\_

Menu Item	Recipe File Number or Total Product Used	Serving Size		Number Portions Planned		Total Portions	Comments, Substitutions, Tray Waste, etc.
		K-12	T-12 (Options A)	K-12	T-12 (Options B)		
Side Dishes							
Meat Variety							
Condiments/ Sauce							

Number Served by Grade  
 K-12 \_\_\_\_\_  
 T-12 (Options B) \_\_\_\_\_  
 Adult \_\_\_\_\_ Total \_\_\_\_\_

MANAGER'S SIGNATURE \_\_\_\_\_

Records and Reports, Page 5-13





# Offer vs Serve-Food Based

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- Breakfast:
- 1) all four food items are offered
  - 2) serving sizes must equal the planned serving size
  - 3) students have the option of which item to decline
  - 4) only one item may be declined

# Offer vs Serve-Food Based

---

- Lunch:
- 1) all five food items must be offered
  - 2) serving sizes must equal the planned serving size
  - 3) students have the option of which item to decline
  - 4) students may decline 1 or 2 items
  - 5) students taking at least one bread serving are considered to have taken the bread component

# **NuMenus and Assisted NuMenus Offer vs Serve**

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- Breakfast:
- 1) No entrée identified but three items are offered
  - 2) Only one item can be declined no matter how many items are offered

# NuMenus and Assisted NuMenus Offer vs Serve

---

- Lunch:
- 1) Three menu items must be offered
  - 2) Two items must be selected
  - 3) One item that is taken must be the entrée
  - 4) If more than 3 items are offered, the student may decline no more than two items

# **School Meals Initiative (SMI)**



In order to provide the nutrients required to sustain optimum growth of children, the USDA issued new regulations in 1996 that focused on meeting the age appropriate Recommended Dietary Allowances (RDA) for children served by the School Breakfast and Lunch Programs.

# How to Meet Nutrition Goals

Calories

Total Fat

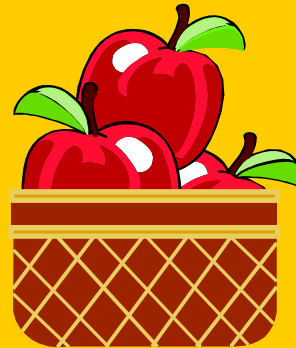
Saturated Fat

Protein

Calcium

Iron

Vitamins A and C



# Other Goals:



Decrease Sodium

Decrease Cholesterol

Increase Fiber



# **To Increase Calories:**



- Increase serving size of foods
- Offer more Menu Items for Breakfast
- Offer more Sides for Lunch
- Set up a Self-Serve food table
- Offer choices
- Serve student favorites

# **To Decrease Fat in Menus**

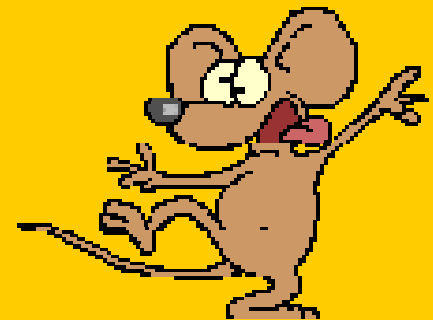
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- Purchase lower-fat products
- Mix low-fat and high-fat cheese
- Mix low-fat and high-fat salad dressings
- Reduce the portion size of high-fat foods
- Reduce the frequency of offering high-fat foods
- Provide attractive, appealing low-fat foods

# To Reduce Saturated Fat

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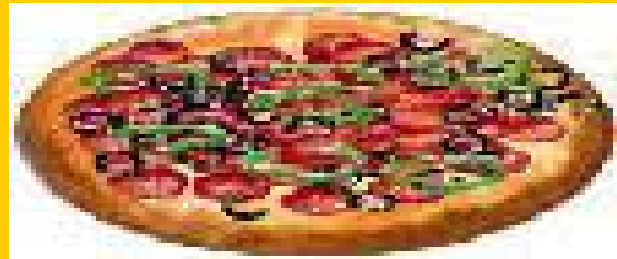
- Reduce the amount of cheese in meals
- Mix high-fat and low-fat cheeses
- Offer fish, chicken, and beans as entrees, as well as beef and cheese



"Hey, who took my cheese?"

# Protein

Sufficient protein is usually not a problem in school meals and is almost always well above the RDA!



# **To Increase Calcium**

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Sufficient calcium is rarely a problem.

If alternate drinks are offered at lunch, and few students take the milk, reduce the number of days that these beverages are offered.

# **To Increase Iron Levels**

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- Check to make certain that the iron content is listed on all meat products.
- Serve more red meats.
- Increase whole grains.

# To Increase Vitamin A

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Look for bright colors!

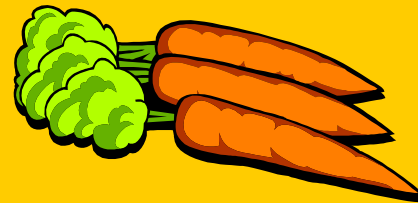
Apricots

Cantaloupe

Carrots

Broccoli

Dark green lettuce: romaine, red leaf



# To Increase Vitamin C

Kiwi

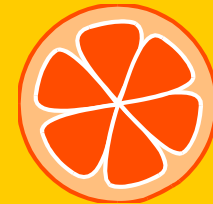
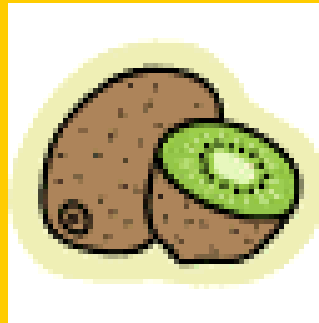
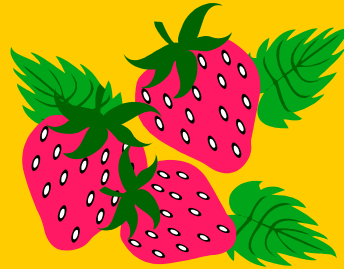
Strawberries

Oranges

Green Peppers

Tomatoes

Cabbage





# To Decrease Sodium



- Portion dill pickles, catsup, and mustard
- Limit use of canned soups in recipes
- Do not add salt to vegetables
- Use more frozen and fresh vegetables
- Check labels of canned sauces and dry seasoning mixes for sodium
- Experiment with other flavorings

# **To Lower Cholesterol**

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- Limit the number of times eggs are served for breakfast
- Reduce the frequency of serving full-fat beef
- Be aware of the amount of cheese used



# **To Increase Fiber**

- Add whole wheat flour to cookies, apple crisp, rolls, bread, and muffins
- Use multi-grain bread for breakfast
- Offer higher fiber cereals at breakfast
- Provide attractive, appealing fruits and vegetables for students
- Serve re-fried beans, bean burritos, chili, or baked beans once a week

# **Use the Computer to Reach Nutrition Goals!**

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You have the tools to reach your goal of offering high quality, nutritious meals to students and staff!



# **Afterschool Snack Program**



Under NSLP, a school food authority must operate the lunch component and the school district must sponsor or operated an afterschool care program which provides children with regularly scheduled activities in an organized, structure and supervised environment that includes educational or enrichment activities.

# **Age restriction for snacks**



An RCCI is only able to claim afterschool snacks until the student turns 18 or if they turn 19 during the school year, they may claim the student until the end of the school year.

# A reimbursable snack

The snacks served must contain at least TWO different components of the the following four:

- A serving of fluid milk (1 cup)
- A serving of meat or meat alternate (1 oz)
- A serving of fruit or vegetable or juice (3/4 cup)
- A serving of grain or bread or cereal (1 serving)

\* Portions for students 13-18 years should be no less than these amounts, but the USDA recommends larger portions based on their increased caloric needs at this age.

# **State Review Process**

## **Records to be available**

- ◆ Daily menus- if cottages or “units” do their own cooking of breakfasts or weekend meals, one would be needed for each unit.
- ◆ Production records-documenting amounts of foods used to meet meal pattern requirements.
- ◆ Meal counting method or documentation
- ◆ Free/Reduced applications
- ◆ Documentation of financial information
- ◆ Claims for reimbursement
- ◆ AND JUSTICE FOR ALL posters posted



# **Additional Records Needed**



On-Site Monitoring forms for multiple sites

- ◆ One review required per site for lunch program
- ◆ Two reviews required annually for afterschool snack program

# **RCCI Food Service Manual**



<http://schoolmeals.nal.usda.gov/Training/rcci.html>

This manual was prepared by Team Nutrition Grant States of: Alaska, Idaho, Nevada, Washington, and the Western Regional Office of the Food and Consumer Services.

# **Bureau of Food and Nutrition Website**

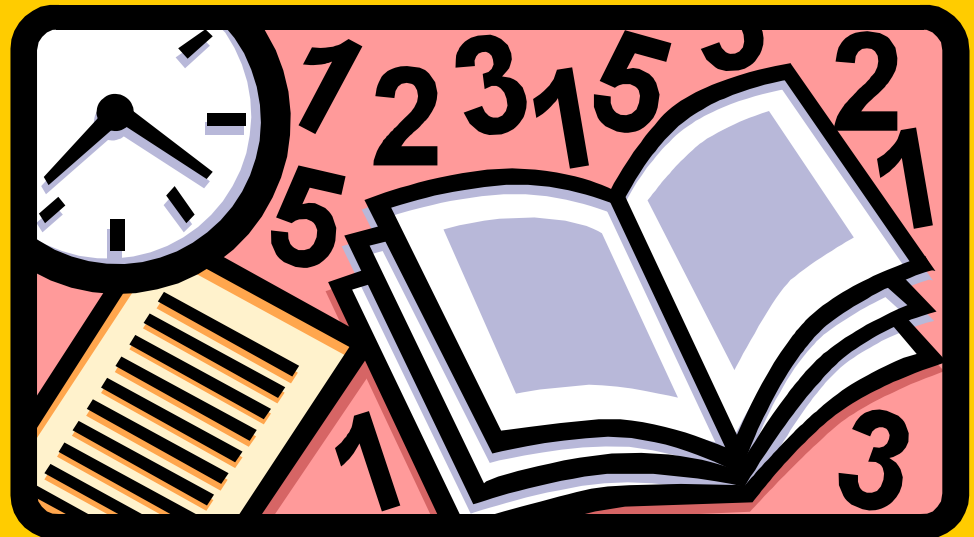


To refer to slides in this presentation go to:

<http://www.state.ia.us/educate/ecese/fn/>

and then select “Trainings” and find the RCCI workshop file.

**Thanks for  
attending  
today!**



## **After note: Question regarding claiming snacks during the summer and weekends**

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Afterschool snacks are not to be claimed when regular school educational activities are not occurring as is usually the case with weekends and holidays. If the RCCI provides curriculum and classes taken for credit (summer school that counts for graduation) then the afterschool snacks can be claimed.